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**Exciting nature-based activities
and services across Bristol, North
Somerset and South Gloucestershire**

North Bristol

Ardagh Community Trust

Therapeutic gardening activities at the Ardagh site which local people can be referred to through the Southmead Development Trust project/in partnership with local GPs.

Phone: 07790 095162

Email: sam@theardagh.com

Website: www.theardagh.co.uk

Southmead Explorers

Is offering sessions to a targeted outdoor group for CYP who have been referred to Link Forward with concerns around their mental health, social isolation and low confidence/self-esteem.

CYP attending Southmead Explorers will be supported to spend time in nature (Badocks Woods, Southmead) and to experience child-led play through Forest School-type activity.

Phone: 07951 824619

Email: vickywall@southmead.org

Website: www.southmead.org

Horfield Strollers

A community and volunteer -led walking group that connect people to nature through lead walks every fortnight on a Tuesday morning in our local green spaces and areas of interest, both within and outside Bristol.

Phone: 07851 430080

Email: anna@agtrans.co.uk

Website: <https://www.bishopstonmatters.co.uk/whats-on/lockleaze-horfield-strollers-walks-programme-2018-06-19/>

Hazelnut Community Farm

Operating in Lockleaze and Upper Horfield Hazelnut Community Farm provides volunteering opportunities via their community growing team that grows to give' producing seasonal and local vegetables to distribute to people experiencing food poverty.

Phone: 07540 960254

Email: office@hazelnutcommunityfarm.com

Website: www.hazelnutcommunityfarm.com

Elm Tree Farm

Elm Tree is a working farm offering sessions in animal husbandry, market gardening, cut flower growing, grounds maintenance and woodwork. All of our placements are local authority funded. We support adults with learning disabilities.

Phone: 0117 958 6206

Email: lisa.allen@brandontrust.org

Website: www.elmtreefarm.org

Golden Hill Community Garden

Golden Hill Community Garden in Horfield are open Wednesday 10-4 and welcome anyone and everyone to come and get involved, get growing, drink tea and share the harvest. Your first session is an induction then after that you can come any time between 10 and 4, any Wednesday. You don't need to come every week, you don't need to let me know if you're coming and you don't need to stay all day. We always have a range of jobs to suit different folks so you don't need to be physically fit or have any experience.

Phone: 07506 905394

Email: ghcgarden@gmail.com

Website: www.thegoldenhillcommunitygarden.com

Fishponds Community Orchard

The Community Orchard occupies 3 plots on the Thingwall Park Allotment site and was started 16 years ago. There are currently around 100 members who pay a membership of £5 per year. There are events for members e.g. picnic and Wassail and other events which are open to the wider community. To become a member and find out when working sessions are taking place contact via the Fishponds Community Orchard email address.

Email: fishpondsorcharde@gmail.com

Website: www.facebook.com/FishpondsOrchard/

South Bristol

Ilop

Alonely is a collection of monologues based on true stories and experiences of older people living through loneliness in South Bristol and explores loneliness and social isolation, whilst challenging stereotypes. There is an opportunity to both watch and act in the shows.

Phone: 07956 962422

Email: ilop@bs3community.org.uk

Website: www.bs3community.org.uk/volunteering-and-community-development/ilop

Redcatch Community Garden

Their Head Gardener will use a flexible and adaptable approach to deliver sessions which will cover things like planting, maintaining, growing and harvesting food and arranging flowers. Their Art Therapist will guide therapeutic input. One garden craft session per block of 5 will be incorporated. Examples will be willow weaving, wreath making or window boxes but will be agreed with the group. Activities will consist of 1-hour sessions, every week in five-week blocks.

Ride Out Ride On will provide a 1-hour cycle ride for 2 attendees each session (RORO has two tandem bikes so these will be arranged for the same time) ensuring that in each block of 5 sessions, everyone who attends gets at least 1 hour ride.

Phone: 07815 857767

Email: redcatchcommunitygarden@outlook.com

Website: www.redcatchcommunitygarden.com

OT Outdoors

Project will engage participants in meaningful activity guided by the seasons, such as growing food, looking after the soil, nature related crafts and cooking and sharing meals outdoors. Activities are delivered by occupational therapists and will benefit those experiencing low income, disability, health inequalities and long-term health conditions. Referrals through primary care.

Phone: 07957 736114

Email: 4otoutdoors@gmail.com

East Bristol

Eastside Community Trust - Felix Road Adventure Playground

Sessions that support children and young people struggling with their emotional wellbeing by letting them build play structures in green spaces.

The programme provides C&YP with tools and wood to build the play space of their dreams. Working outdoors in a community green space the approach combines build techniques, problem solving, creative expression.

Phone: 07817 022123

Email: tom@upourstreet.org.uk

Website: www.eastsidecommunitytrust.org.uk/our-places/felix-road

Changes

Outdoor peer support wellbeing sessions led by a skilled Peer Support Facilitators delivering nature activities for wellbeing combined with peer support for mental health.

Sessions will include gardening and growing activities in a number of green spaces in Bristol, including St Werburghs Farm.

Phone: 0117 941 1123

Email: Alessandra@changesbristol.org.uk

Website: www.changesbristol.org.uk

West Bristol

The Human Nature Project – Forest Therapy

The Human Nature Project provides free, professionally led forest therapy sessions, open to the general public, and suitable for over 16s only.

The Human Nature Project takes place on Tuesdays in Leigh Woods, Bristol, and launched in June 2022.

Email: info@wearelightbox.co.uk

Website: www.wearelightbox.co.uk/humannatureproject

Central Bristol

Open Mind Active

A series of 6-week programmes of each of the activities - Wild Yoga, Wild Swimming and Mindful running/walking.

Open Minds Active is focused on empowering women from ethnic minority backgrounds from lower socio-economic backgrounds, alongside those with poor mental and physical health.

Phone: 07880 745059

Email: maggy@openmindsactive.org

Website: www.openmindsactive.org

Bristol Wide

Bristol Horn YC

Bristol Horn YC will have a dedicated nature and health project officer.

Working with people of East African Heritage to help them connect with existing green and blue spaces and projects. Bristol Horn YC hold strong relationships and trust with diverse communities in Bristol and are ideally positioned to work in partnership with both referrers but also nature and health providers.

Phone: 07557 510546

Email: bristol youthconcern@gmail.com

Website: www.facebook.com/Bristolhyc/

Soul Trail

Soul Trail run a programme of both drop in walks but also walking courses. Walks are open to all, but Soul Trail have strong connections with BAME communities in Bristol and increasing participation in walking from these communities is a key aim.

Referrals come from other VCSE partners but also health partners such as Wellspring and individual GP surgeries.

Phone: 07535 602552

Email: soultrailwellbeing@gmail.com

Website: www.facebook.com/soultrailwellbeing

Avon Wildlife Trust

Wellbeing with Nature Courses, working on the following elements

Self: reflect on emotional awareness, resourceful thinking

Social: share and work with others through group-based tasks.

Environment: learn how to make a positive difference to the environment.

Courses in taking place at Hartcliffe, Barton Hill, Brislington, Fishponds and Stapleton with referrals from health partners along with self-referrals.

Phone: 07458 0912427

Email: Kelly.bray@avonwildlifetrust.org.uk

Website: www.avonwildlifetrust.org.uk

Age UK Bristol

Supporting women who are suffering from mental and physical health inequalities. A range of activities including 1:1 walk and talk sessions and group Active outdoor sessions including mindful photography, walking in green spaces, foraging and nature crafts. Referral through primary care and link workers

Phone: 07764 744609

Email: charliehh@activebeing.co.uk

Website: www.ageuk.org.uk/bristol

Impact

Support for refugees and non-EU migrants resettling in the Bristol area to connect with nature. First via sessions exploring the city then via a farm-based course focusing on sustainable farming and food networks, or nature connection and wellbeing.

Phone: 07736 132698

Email: Grace.frain@groundwork.org.uk

Website: www.groundwork.org.uk/projects/impact-bristol

Incredible Edible

Incredible Edible manages several growing spaces across Bristol and beyond, including Avonmouth, Speedwell and the city centre. Activities involve growing vegetable, drinking tea and having a chat. It's open to all, whether you have 10 minutes or 2 hours.

Email: info@ediblebristol.org.uk

Website: www.ediblebristol.org.uk/contact-us

North Somerset

Off the Record (OTR)

A mix of one-off drop-in sessions and courses for young people to explore their relationship to nature, mental health and wellbeing, structured around the NatureWell approach.

Phone: 07498 640104

Email: edd@otrbristol.org.uk

Website: www.otrbristol.org.uk

F.r.i.e.n.D.s Together

A broad programme including clay, ceramics and painting workshops, walking groups meditation and singing sessions.

Phone: 07944 564405

Email: luannegibbons@outlook.com

Website: www.facebook.com/groups/470686080435762/

Osprey Outdoors

Activities include bushcraft, conservation, cycling, horticulture, nature connections, yoga and walking.

Sessions take place at Clarks Field allotments in WSM or at Sandford Woods using a minibus to transport participants to the woods, or to a nature reserve.

Phone: 07778 913192

Email: ospreyoutdoors@gmail.com

Website: www.osprey-outdoors.co.uk

Theatre Orchard

Grow Feral is a call to action to creatively connect with nature, improve environmental literacy and foster a greener way of living.

People can take part in community workshops with an environmental artist to co-design horticultural artwork installations, creating new edible micro gardens in WSM town centre.

Phone: 07990 823874

Email: samfrancisco5@hotmail.com

Website: www.theatreorchard.org.uk

Uncle Paul's Chilli Farm

Taking place at a site close to Blagdon. A series of wellbeing sessions covering the following activities:

- Forest school
- Beekeeping
- Horse care
- Animal care including llamas, goats, sheep, ducks, chickens, geese
- Chilli growing/tasting/making chilli
- Nature walks
- Art projects

Phone: 07596 336717

Email: jacqui@chillicharity.org.uk

Website: www.chillicharity.org.uk

Friends of Grove Park

A growing project at Grove Park WSM producing both food and flowers alongside developing a new orchard.

There will also be the development of a new sensory garden on site.

For those who find it hard to access the park there is an outreach worker to help develop new 'tyre gardens' where gardens can be taken to people with access barriers.

Phone: 07814 723094

Email: friendsofgroveparkwsm@gmail.com

Website: www.friendsofgrovepark.co.uk

Strawberry Line

A cycle project offering inclusive cycling opportunities for people with disabilities to develop their cycling skills and enjoy the health benefits, both physical and emotional, of cycling and exercising outdoors.

Referrals come from VCSE partners, primary and social care.

Phone: 07983 816426

Email: strawberrylineprojects@gmail.com

Website: www.strawberrycycles.com

North Somerset People First

A programme of walks to support People with Learning Disabilities both access green spaces but also take part in conservation and litter picked sessions.

Referrals come from a range of social care partners along with referrals from primary care and self-referrals

Phone: 01934 426086 / 07917 274145

Email: michelle.burnett@nspf.co.uk

Website: www.nspf.co.uk

Bridging the Gap

Bridging the Gap work with people with Autism and are running nature and photography sessions. Referrals are from both VCSE partners, primary care and social care.

Phone: 07521 095340

Email: kieran.bright@leonardcheshire.org

Website: www.leonardcheshire.org

North Somerset Age UK

Weekly Tai Chi Qigong class suitable for over 60yrs, and will be open to all ability levels, with no experience necessary. Sessions take place at Grove Park Weston Super Mare.

Phone: 01823 345626

Email: Becky.bostock@ageuksomerset.org.uk

Website: www.ageuk.org.uk/somerset

Outdoor College

Based in Tickenham in 20 acres of mature woodland the Outdoor College offers a range of events, monthly Fresh Air Fridays and a six-week self-care course. Referrals can come from primary care, social care.

Phone: 07464 025646

Email: jason@outdoorcollege.co.uk

Website: www.outdoorcollege.co.uk

Yatton and Congresbury Wild Walks

2-hour nature walks and activities starting at Yatton or Congresbury (including the immediate area of Cleeve, Claverham, Wrington and Kingston Seymour).

Phone: 07713 001113

Email: sarah@avondaleecology.com

South Gloucestershire

Kingsmeadow Made Forever

Kingsmeadow Made Forever are offering three main opportunities.

- Structured and supervised gardening, landscaping, planting, weeding, plant care, environmental care activities, including community clean-up activities.
- Walking groups that support people to explore local green spaces, develop peer support and take physical exercise
- Support people to garden at home providing gardening support, seeds, plants, planters, and tools to get people started in creating small natural spaces, in window boxes, on windowsills, and small green spaces.

Phone: 0117 301 8739

Email: catherinesama@kingsmeadowmade4ever.org.uk

Website: www.kingsmeadowmade4ever.org.uk

Bristol, North Somerset & South Gloucestershire

Bluebell Care Trust

The Mother Nature Project involves co-designing, delivering and evaluating a novel nature-based programme to support nature connectedness, mood, sleep and social connectedness in the postnatal period. The Mother Nature Project aims to facilitate a six-week programme of once-weekly, two-hour outdoor sessions for new mothers with postnatal mental health difficulties and their babies.

The sessions will consist of guided immersion in nature, with women being offered 'invitations' based on the evidence-base around the Japanese practice of *shinrin-yoku* ('forest bathing')

Phone: 0117 922 0746

Email: emily@bluebellcare.org

Website: www.bluebellcare.org

Caafi

Caafi have a dedicated nature and health officer to open up local green spaces and nature programmes to the communities their work with.

Caafi Health works to improve the health and wellbeing of marginalised communities throughout Bristol.

Phone: 0117 924 7442

Email: info@caafihealth.com

Website: www.caafihealth.com

The Conservation Volunteers (TCV) in Bristol

TCV runs most Tuesdays, Wednesdays and Thursdays throughout the year and anyone can join. Common tasks include tree planting, bench construction, hedge planting, clearance work, step building, bramble bashing, path construction, bridge building, coppicing, pond clearance, hedge laying, fencing, wildlife gardens and much more!

As well as working in Bristol, the group occasionally works in parts of Gloucestershire and Somerset too. A lift is normally available to and from the worksite and Bristol.

Phone: 07739 447995 / 0117 929 1624

Email: volunteer-bristol@tcv.org.uk

Website: <https://www.tcv.org.uk/southwest/volunteer-south-west/bristol-conservation-volunteers/>